

ABSTRACT OF THE DISCLOSURE

INTUSSUSCEPTIBLE EXERCISE APPARATUS FOR STRETCHING AND KICKING

5

The present invention is directed to an exercise apparatus for kicking and stretching. The apparatus includes an elongate support member having opposed upper and lower free extents with a longitudinal body interposed therebetween and through which longitudinal axis passes. The body comprises one or more intussusceptible portions that are reciprocatingly slidable relative to one another and further relative to a lower body portion for height adjustment of said apparatus. The support member also includes a truss member disposed proximate the lower free extent of the body and having two or more legs to stabilize the support member in an upright position along the longitudinal axis. The legs are joined to a reciprocatingly slidable leg connector for retraction of the legs toward the longitudinal axis. A cross member is supported at the upper free extent of the support member and in normal relation therewith. The cross member is disposed in generally a cantilever fashion so as to prevent rotation thereof, and includes a limb support portion protruding from a top surface thereof. The apparatus desirably includes one or more clamping members along the body where each intussusceptible portion accepts an adjacent intussusceptible portion therewithin. Each clamping member includes means for frictional engagement of an adjacent intussusceptible portion.